

GLS / C / 591-22

**CIRCULAR**  
**BOUNCE X - Grade 1 and 2**

**7<sup>th</sup> November 2022**

Dear Parents,

Schools have an essential role to play in supporting students to make healthy lifestyle choices and understand the effects of their choices on their health and well-being. GEMS Legacy School continuously strives to make student health and well-being a top priority, and this is demonstrated through the recently launched Nutrition curriculum as well as the Bounce-Ed trips.

### **THE BOUNCE-ED ADVANTAGE**

The Bounce-Ed trips are seamlessly woven into the school timetable and the cross-curricular learning objectives are deeply embedded in the curriculum. Bounce-Ed as a sports facility functions as an external laboratory for students and caters to their physical and mental growth. It harnesses the rebound benefits of Trampolining and uses it to deliver a unique challenge and adventure experience.

BOUNCE trainers work with our teachers to create unique programs and experiences that develop coordination and confidence across diverse age groups and levels of skill. The focus is on maximizing individual and group participation regardless of ability, and programs are delivered in an environment that is as inclusive and encouraging, as it is exciting and inspiring. We hope that through trampolining students are able to build stamina of the mind and body as they experience first-hand Newton's Law of Motions or deepen their learning of gravity.

Additionally, trampolining is often promoted as one of the best and most effective exercises one can do! NASA believes that "rebound exercise is the most efficient, effective form of exercise yet devised by man." Trampolining is a low-impact workout that tones muscles and improves coordination and creates a sense of balance leading to enhanced well-being. It can help combat depression, anxiety, and stress by increasing the number of endorphins released by the brain.

**Parents/guardians will need to sign the [Bounce Wavier Form](#) in order to be able to take part in the school trip. It is an online form. If the parent/guardian has not signed the waiver, the student will not be able to attend the trip.**

The cost of the trip is 150 AED and is inclusive of additional offerings such as a 2-for-1 pass on your next visit and a delicious meal with soft drinks.

For further details, find attached the flyer, and to proceed with the registration, please find below the payment pathway. Registration for Grades 1 and 2 closes on the 9<sup>th</sup> of January 2023. Grade wise trips will be planned for the 11<sup>th</sup> and 12<sup>th</sup> of January 2023. The class teacher will confirm the exact date of the trip for her respective section.

***We look forward to our students experiencing this exciting opportunity!***

Warm regards,



Asha Alexander

**Principal**

**Executive Leader - Climate Change**

آشا ألكسندر

مديرة المدرسة

الرئيس التنفيذي - تغير المناخ



## WHAT TO EXPECT FOR YOUR SCHOOL TRIP TO BOUNCE!

BOUNCE is a sports facility that harnesses the rebound benefits of Trampolining and uses it to deliver a unique school trip experience. We are proud to have hosted over 100,000 school kids in the region since the opening our first facility in 2014 in Dubai. We are also proud to be awarded The Best Indoor Sport And Recreational Facility in the Gulf region, according to the SPIA Sports Awards.

BOUNCE School Trips have been developed to provide physical, social and emotional benefits to primary and secondary aged children of any skill level. We aim to help children make a connection between fun and physical activity. The experience also encourages a positive mindset towards developing ongoing physical activity habits.

The BOUNCE environment also helps children develop friendships and social skills while keeping healthy and active.



## DEDICATED BOUNCE HOSTS!

BOUNCE hosts are selected and trained around our philosophy of inspiring physical activity, self-expression and human connection.

A trained BOUNCE HOST will ensure that the students have an AMAZING experience, maximizing fun whilst enforcing safety



One person per trampoline



Jump within your skill level



Don't jump or land on padding



Don't land on your hands

## SAFETY RULES & GUIDELINES

### SAFETY IS OUR NUMBER 1 PRIORITY

Please understand the risks & take care. BOUNCE is an action sports facility. Like all sports, participants need to decide if the benefits of involvement are worth the risk. Jumping, rebounding using trampolines creates the risk for potential injury even when being safe. The potential for injury is greatly reduced when you follow the non-negotiable safety rules, which are communicated verbally and visually to all school trips during the welcome brief, at all areas prior to jumping and is displayed throughout the venues.

## WHAT'S NEXT?

The whole point of BOUNCE is to have as much fun as possible jumping around. A critical part of this is a safe and soft environment to enjoy a real sense of freedom. Our rules, guidelines and host supervision are designed to keep everyone safe and minimize the chance of injury. As always, BOUNCE is a Sports Facility so in order to take part in activities, the following Waiver must be signed by a parent or guardian online prior to the trip.

« The BOUNCE mission is to 'inspire movement, create expression and human connection'. This is our Purpose and we can't wait to share it with your kids! »

**BOUNCE**  
INC  
FREE SPIRITS UNLEASHED